

# OF INTEREST TO WOMEN



BARIES AND SLEEP.

By FRANCES MARSHALL.

il is baking powder that makes much gone. available of the nutritive quality of Here are two rules for making bak wheat. For what but baking powder ing powder. The ingredients needed are makes cake and muffins and biscuits and few and inexpensive. They can be mixed many other delicacles early to digest? well in a mortar or in a big bowl.

If they were baked without the powder that world industrial acid, 2 that world industrial acid, 3 that world industrial acid, 4 that world

Baking powder, as every one knows, a distinct chemical action and baking has a pegative value so far as its own powder once wet may be dried out successfully but it will never again be worth using. Its effervescing qualities are

If they were baked without the powder they would, indeed be too heavy to digest.

In most places pure baking powder can be bought without any difficulty. But the some places the available supply of the some places the some

can be bought without any difficulty. But in some places the available supply of baking powder is open to suspicion. In such places home-made baking powder should be the rule. Moreover, if, several housewives together make their own baking powder a considerable—saving of money can be effected.

There are two requisites to good baking powder—thorough mixing and absoute smoothness, both acquired by working over and over the powder, and drymess. Water without baking powder forms

## Getting Ready for That Fourth of July Picnic

sensible picnic, which can be bought together; place over hot water and boil several days in advance and which are three minutes, stirring constantly; add helpful at all times: Wax paper, plain the oil or butter and fold in the wellpaper napkins, paper tablecloth one goes where there is a table), par drinking cups, paper or splint plates. If a large party, a splint basket; if an auto party, a spiini basket; if an amal party, a pasteboard box or boxes; a bottle opener for the grape juice or ginger ale.

The sandwiches are made the evening spoon finely chopped parsley. Put chick-before and and another approximation of the property of the sandwiches are made the evening spoon finely chopped parsley. Put chick-before and another the sandwiches are made the evening spoon finely chopped parsley. Put chick-

of meat between the bread. The minced seat can be seasoned and flavored correcity; it is much nicer to eat and no One cup grated American cheese, danger of having all the meat with the day twelve stuffed olives, two tablespoons first bite. Egg sandwiches with the devbelied eggs are much more tasty than hard-belied eggs with bread and butter.

All pastes can be made two or three days beforehand. It is best to cut sand-wiches small and wrap two or three to-gether. gether. A good way is to have as many boxes as you have kinds of sandwiches, marking each box. The cake is cut in

The bottle of olives is opened, drained and the cork put back. Cocoa syrup is boiled two or three days beforehand. Lemons are rimmed or squeezed, and added to the cork put back. See the work of the squeezed and bearing the squeezed and bearing the squeezed and bearing the squeezed. Lemons are rimmed or squeezed, and added to the sugar syrup. All one needs to do is add either occos or femon to the water. A box of fruit of choice or what one can afford; stuffed dates, figs and prunes to make a good sweet, and some prunes to make a good sweet, and some gredients and add milk enough so that it gredients and add milk enough so that it

Pound cake, sponge cake, or jelly roll cut in suitable pieces, wrapped in wax fore, it is best to bring it cut and ped and no extra knife need be carSugar or spice cookies, luncheon or wafers for the very young chil. better than too many sweet

packed in a candy box. They make ery pleasant addition to the luncheon.

Use two cups of cold bolled ham which has been put through the meat chopper.
To it add one-half cut of boded salad dressing-one tablespoon of finely chopped green; pepper, one tablespoon of finely chipped paraley; mix all well together.
Tongue or dried beef can be made in same way. on put through the meat chopper.

Dressing (Boiled)

me teaspoon dry mustard, one tea-non salt, a few grains of red or a lit-white pepper, one teaspoon sugar, ar tablespoons vinegar, two tablespoons we oil or butter, one egg. Separate the tion, as a good heart is a letter of credit.

Bulwer. egg, beat the yolk, add the wugar, mus- |-Bulwer,

Here is a list of things needed for the tard, and pepper; addy vinegar; mix all three minutes, stirring constantly; add the oil or butter and fold in the wellbeaten white of egg.

Mineed-Chicken Sandwiches, Two cups cold boiled chicken (no skin), the grape juice or ginger ale.

sandwiches are made the evening spoon finely chopped paraley. Put chickand each wrapped separately; it en and each through the meat chopper, s very much better to mince ham, and add the mayonnaise and seasoning; on the seasoning of to mince ham, and add the mayonnaise and seas

Cheese Paste.

Pimento Sandwich.

One cup canned pimento, chopped fine: marking each box. The cake is cut in suitably sized pieces and wrapped septone, unless bought in cartons. Then they need not be wrapped.

One cup canned pimento, chopped line: two neufchatel cheeses, one-half teaspoon sait, one-fourth teaspoon white perper, two tablespoons melted butter. Mix all the ingredients together and make

of bran bread and press together.

Raisin Paste Sandwiches. One cup seeded raisins, one-half cup or three cookies in one piece of This is very much better than the whole cake and cutting it in Flies are usually thick and light (fort in a felly glass. Cut white or whole

olives, or sweet gherkins make a good addition to the picnic meal.

### LITTLE JAPANESE GARDENS.

the nerves and brain; when glass of grape juice is the can take: it is also very dren. Use it with water or and there is no end to the assortment, nor by boat. The half-pint the small appears can spend as much or as pest; the small openers can mails. One can spend as much or as little as he wishes but no better enter-tainment for a sick child, or a shut-in has ever been devised. Japanese grass seed is sold, it grows up quickly, as do also mustard seed and the sprouts on the

FOR GRAINY FROSTING

If when making boiled frosting one has cooked the sugar and water too long, and it grains, a teaspoonful of butter teaspoon dry mustard, one tea- added will make it creamy and smooth,

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Housewife's Daily Economy Calendar WHAT IS THE SKIRT OF THE MOMENT?



subject to beneficient guidance.

It is an especially good rule for the study of economics or for the work of

Persons whose birthdate it is have the

prognostication of a year that is pres perous. Travel and change for the bet

ter are foreshadowed. Young girls will

have offers of marriage. Artists and musicians are particularly fortunate. Children born on this day will be strong

Every man rails violently against make-

up. The German Emperor, when in Lendon, criticized the way in which English women painted their faces. Yet

THE SUMMER COLD.

## Famous Woman-Her Birthday and Yours MRS. HARRIET GROTE

By FRANCES MARSHALL,

of Napoleon, and Napoleon, for his part, was a little afraid of her sharp tongue and brilliant rejoinders. When Mme. Gay was first presented to the great man in his sister's drawing-room he turned to her and with characteristic abruptness said:

"Madam, my asters have told you, have they not, that I have no love for brilliant women?"

"Yes," rapled the brilliant Frenchwoman, "but I did not believe them."

Napoleon did not expect this sort of an answer so, assuming a critical air, he production. of Napoleon, and Napoleon, for his part. financier attached to the Bourbon house-

### DAILY HOROSCOPE.

"The stars incline, but do not compel." WEDNESDAY, JULY 1, 1914. According to astrology this is a day which good and evil influences balance.

The figure is read as indicating revolutionary movements of many sorts and much trouble in various countries of the world. There is a sign that foreshadows war and discontent, which reaches not sons of every class.

Mexico will continue to be the center of strife, even though diplomacy may ap-pear to promise peace, the seers declare. Mars gives warning of continual bloodshed and trouble which will not be suppressed completely for some time. Saturn, the planet that rules the teniure of land, pressages great losses for proprietors of big estates and the division of large holdings.

Serious troubles are threatened, also, for France, since Mars is close to the meridian at Paris.

This is a day believed to be favorable.

meridian at Paris.

This is a day believed to be favorable for buying. Investments are subject to an encouraging omen, which promises ample returns.

A girl 1 once knew who was married to a devoted husband promised him during their honeymoon not to make-up at all, but very soon broke her promise. "How could your" asked he mother. "Baranus I know the latter than th

The influences are said to be especially fortunate for scholars and graduates of universities, judges, Senators and those who rule by the power of intellect.

"Because I know what Harry likes better than Harry knows himself," was the reply. There is a lucky omen for athletes, escially for wrestlers and those who can form unusual feats. Baseball players

Ancient lore found these astral condi-

quickest treatment whether the maindy be "only a cold" or genuine influenza.

A hot mustard bath, followed by one or two days in bed, will often work a ions helpful to all who perform house-old tasks. Baking is subject to the best onditions.

Speedy cure, or at least prevent a sharp
While Saturn is friendly today it is an illness, and the complications, such as

hibited to the patient till the temperaure is normal.

A light fever diet must be given, milk swered my questions in Saturday's paper

Napoleon did not expect this sort of an answer so, assuming a critical air, he said:

"You attempt to write, I am told. Now what great work can you boast of having done during the last few years?"

Mme. Gay looked at the Emperor with a twinkle in her eyes.

"Three children," she said simply and the Emperor was forced to retreat.

The proportions of sugar and fruit used in canning vary greatly. The amount given below is an average for canning. Sugar to a quart far; Cherries, six ounces; ounces; straw-been some of the Pit."

Teddy: Rosemary Theby can be seen siven below is an average for canning. Sugar to a quart far; Cherries, six ounces; straw-been some of the Pit."

Teddy: Rosemary Theby can be seen siven below is an average for canning. Sugar to a quart far; Cherries, six ounces; straw-been some film at the Rhode Island avenue northwest. Ounces: blackberries, six ounces; plans of the ounces; plans, four ounces;

quently follow influenza. The room should be fairly dark, well ventilated, and kept at an even temperature, and all reading and writing must be pro-

and soda, egg and milk, and so on.

People who cannot take milk should have the white of an egg whisked to a shead of Alice Joyce in the popular content conducted by the Motion Mme. Gay, the clever French writer Marie Franchise Sophie Nichault de whose birthday occurred on July I, was have the white of an egg whisked to a shead of Alice Joyce in the noted for the fact that she was not afraid first day of July, 1776. Her father was a full of another than the world a line of the fact that she was not afraid first day of July, 1776. Her father was a full of another full o julce, and a tumbler full of apollinaris Picture Story Magazine, and I think she added gradually, whisking it all the time. will soon be in first place. She is surely Given at fairly frequent intervals, this a splendid little actress, and in her chat, will provide quite sufficient nourishment she said that she had never had stage during the fever period, and can be experience before joining the Essanay varied by the yolk or the whole of an Company. I will really have a fit if I egg beaten up with water instead of don't see Rosemary Theby soon. Please egg beaten up with water instead of don't see Rosemary Theby soon. Please milk. When convalescence sets in the let me know where she can be seen any "feeding-up" process can begin, with where in Washington. In the "Perils

six ounces: peaches, four ounces; pine-apples, six ounces: crab apples, eight given to the public from either the Edison ounces; pieplant, ten ounces. or the Universal companies.

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## ALL THE LATEST PHOTOPLAY NEWS LOUIS GLASER

Stories of the Photoplays.

"A Spy for a Day."

(Playing tonight at 22d and P sta.)
Michael Perrin, the lovable, guileless
old parish priest, is quite the most remarkable character that has ever been
depicted in motion pictures.

From laughter to tears you will follow his career as a teacher of little

low his career as a teacher of little children and then the crowning adven-ture of his life-his service under Na-poleon's chief of police as a spy for a day.

It is at a time when Napoteon's power is on the wane, that Michael Perrin's beloved church is burned by royalist troops and he seeks consolution in Paris with his niece, Theresa.

Amazed to discover that his niece is living in comparative poverty. Michael seeks out his old classmate, Fouche, now chief of police, and asks him for a positiving in the policy of the policy of

chief of police, and asks him for a posi tion. Fouche thereupon advises Father Perrin that it will be his duty to wander about Paris and report what he has seen

each day for which the salary will be 120 francs per week. Now, Theresa is in love with Bernard and Bernard has pledged his support to a band of conspirators plotting the as-sassination of Napoleon.

When Father Perrin makes out his re-

turned over to Perrin to discipline. He magnaminously lets them go and they, in return for his kindness, write him a note saying they are leaving the country. They only express their regret that so generous a man should act the part for the announcement of House Peters. so generous a man should act the part of a spy. Poor Father Perrin then rea-

lizes the truth for the first time, but his indignation is appeased by the diplomatic Fouche who promises that his old church shall be rebuilt and that Bernard shall be pardoned.

(At Central Park tonight.) Arthur Jarrett.

"The Hour of Reckoning."

a deserted cabin "Redding" revealed his identity—and ivian went on her knees to her former

husband. He stood over her, covering Red," the crook in "Blue Pete's Escape." a Reliance detective drama. had a genu"I'll kill you. I've sworn to do it."
His voice was dry as powder—past all complainy was making several scenes in

The next instant he was grappling with an Indian who had leaped in at a win-dow and flung himself upon Vivian. Raw-son fled the hut. He fell dead on the door-sill. The air was thick with state and the din of a fresh Indian charge. They were rushing in frantic hordes down the side of the guich. Vivian clung to

Burr's wrists,
"Kill me!" Her lips framed the words A spasm ran over his face. She thought a man she once had seen struck by

Queries and Comments. Moving picture followers are invited to submit their inquiries and comments to the Motion Picture Editor and are request-ed to write on but one side of the name

Motion Picture Editor: Was greatly of Pauline" (Pathe Freres) is Pearl White,
Pauline I saw in your paper this morning where Mary Fuller had left Edison



when Father Perrin makes out his report, he accidentally uses a scrap of paper left in his house by the conspirators, and great is his amazement to be told that he has maved his country by revealing the names of its enemies.

When the conspirators are arrested, Bernard escapes, but the others are turned over to Perrin to discipline. He magnaninously lefs them on and they.

Cynthia: Owen Moore is the husband

Motion Picture Editor: I was just thinking that as Mr. T. R. isn't able to

do much talking at present, why doesn't he write short articles and have them thrown on the screen? He would be able to reach a lot of people in that way, and to me, it seems that it would appeal to the people. Of course, I know that he wouldn't pay any attention to this, but some day someone might. Some time ago either you or some

Cast-Vivian Burr, Clara Williams; John Some time ago either you or some one else suggested a popular players contact in this city, and why don't you carry that out. I haven't seen anypolitar to post. When Vivian, his wife, thing of the sort here, and they are sucran away with Herbert Rawson, Burr's ability to concentrate on his scientific work had deserted him. His restlessness knew no cure. At last he joined the and the pictures of the baseball teams around the world and when? CAL army.

Rawson, with Vivian—since divorced and married to Rawson—came to Fort McRae on government business. Visiting a surveyor's camp, the colonel and his guests were surprised by the Indians. Rawson and his wife were persuaded to get into a buckboard with a certain "Corp. Redding," who would drive them to safety. But finding that they were to be cut' off before they could reach the fort, the three fugitives took refuge in a deserted cabin.

around the world, and when? CAL. Cal: The pictures showing the base-ball team around the world, and when? CAL. Cal: The pictures showing the base-ball team around the world, and when? CAL.

Cal: The pictures showing the base-ball team around the world, and when? CAL.

Cal: The pictures showing the base-ball team around the world will be shown July 22 at the Orpheum on Ninth street. They are Pathe films. "Quo of Pompeti" are State rights pictures, and there is no Washington agent for them. Write to the George Kilne Company, of Philadelphia, for accurate information.

Flecting Views. around the world, and when?

### Fleeting Views.

Walter Long, while playing "Chicago



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Santa Monica and a short intermission had been given for lunch. Long wandered off by himself, in his crook make-up, went into a small restaurant. The proprietor eyed him all over, refusing to serve such a suspicious looking character, and as the movie actor was starting to leave the cafe he ran into the arms of a waiting policeman. It seemed that the restaurant keeper had phoned the police almost the next moment after Long had put in an appearance. Expianations followed, and "the crook" was permitted to return and eat his lunch in peace. eturn and eat his lunch in peace.

a postal card but her handwriting is so gosh-durned temperamental that I couldn't make out a word she said."



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Two reels.
"Vasco, the Vampire,"
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TONIGHT'S UNIVERSAL PRO-"Strenuous Life."

"Stolen Glory," "The Runaway," "Married by Aeroplane."

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